

ABSTRACT OF THE INVENTION

5 A traction system for use on conventional flexible footwear is provided that includes
both toe and heel sections that are independently attached to a wearer's footwear and are
connected with a flexible linkage. The flexible linkage allows the traction system to move with
the normal movement of the flexible footwear so as to provide a natural walking and running
movement. The traction system provides numerous benefits over previously available
crampon and other spiked traction systems, including flexibility, light weight, practical usability
with a wide variety of footwear types – including highly flexible footwear such as running
10 shoes, compactability, and ready adjustability between different sizes and types of footwear.